

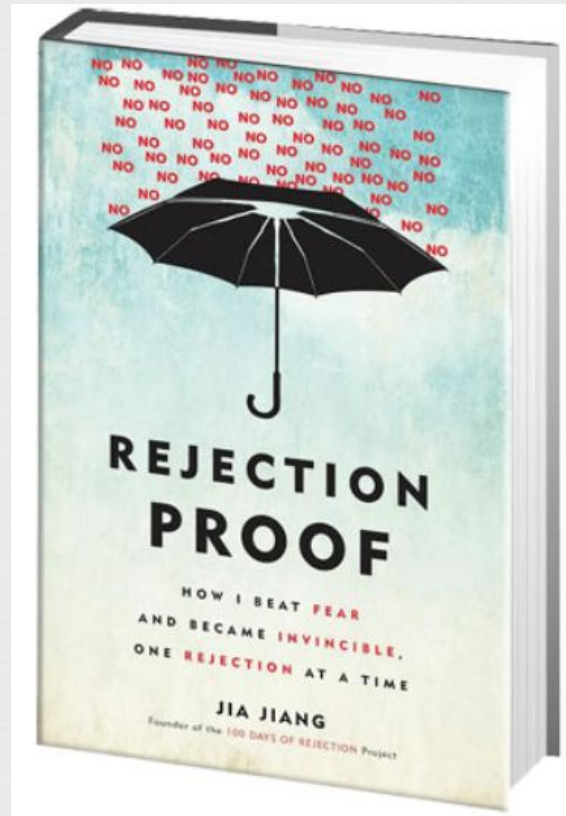
REJECTION PROOF



HOW I BEAT FEAR
AND BECAME INVINCIBLE
THROUGH 100 DAYS OF REJECTION

Jia Jiang

TURNING POINT



About Jia Jiang



MEETING REJECTION



FIGHTING REJECTION



FearBuster.com



- Rejection 1: Borrow \$100 from a Stranger
- Rejection 2: Request a "Burger Refill"
- <fav> Rejection 3: Ask For Olympic Symbol Doughnuts
- Rejection 4: Deliver Pizza for Domino's
- Rejection 5: Have a Tour in a Grocery Store Warehouse
- <fav> Rejection 6: Play Soccer in Someone's Backyard
- <fav> Rejection 7: Speak Over Costco's Intercom
- Rejection 8: Get Number One Spot in Best Buy's Thanksgiving Line
- <fav> Rejection 9: Send Stuff to Santa Claus Through Fedex
- Rejection 10: Listen to Happy Birthday Song When It's Not My Birthday
- Rejection 11: Learn Sales From the #2 Car Salesman in the Country
- Rejection 12: Ask Jackie to Talk to Millions of People
- Rejection 13: Take an Unregistered Exam
- Rejection 14: Give \$5 to Five Random People
- <fav> Rejection 15: Be a Live Mannequin at Abercrombie
- <fav> Rejection 16: Ring a Bell for the Salvation Army
- Rejection 17: Borrow a Dog From the Humane Society

- Rejection 18: Give Weather Forecast on Live TV
- <fav> Rejection 19: Make Announcement on a Southwest Flight
- Rejection 20: Have Jeff Probst Sing a Song to My Son
- <fav> Rejection 21: Ask Strangers for Compliments
- Rejection 22: Get "Thai Torture" at Amy's Ice Creams
- Rejection 23: Be a Greeter at Starbucks
- Rejection 24: Exchange Training With a Personal Trainer
- <fav> Rejection 25: Dance With a Dancing Santa
- * Rejection 26: Give a Lecture to College Student
- Rejection 27: Get Donation For Charity on The Street
- Rejection 28: Make a Sale For Best Buy
- Rejection 29: Learn Making Chai Tea From Barista
- Rejection 30: Slide Down the Firepole at a Firestation
- Rejection 31: Be a Santa to a Santa
- Rejection 32: Get a Free Room at a Hotel
- Rejection 33: Grill My Own Meat at Salt Lick

TASTING FAME



3rd. DAY Kreespy Kreme



BATTLING EVOLUTION



1. Rejection happens.
2. Don't take it personally
3. Be tough and move on

Rejection vs. failure
The pain of rejection
The fear of rejection

RETHINKING REJECTION



1. Rejection is human
2. Rejection is an opinion
3. Rejection has a number

TAKING A NO



1. Ask “why” before good-bye
2. Retreat don’t run
3. Collaborate don’t contend
4. Switch up, don’t give up

POSITIONNING FOR YES



1. Give my “why”
2. Start with why
3. Acknowledge doubt
4. Target the audience

GIVING A NO



1. Patience and respect
2. Be direct
3. Offer alternatives

FINDING UPSIDE



1. Motivation
2. Self improvement
3. Worthiness
4. Character building

FINDING MEANING



1. Finding empathy
2. Finding value
3. Finding mission

FINDING FREEDOM



1. Freedom to ask
2. Freedom to accept yourself

FINDING POWER

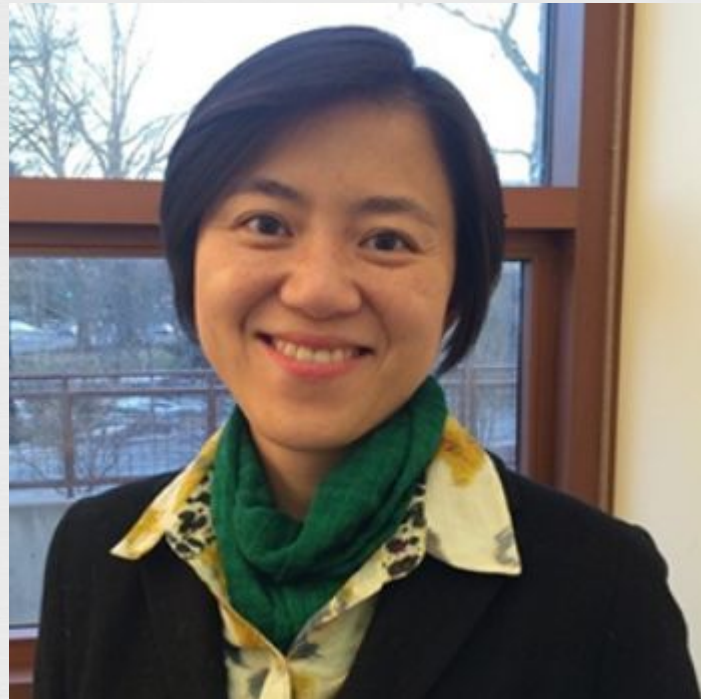


1. Detachment from results

LIVING A NEW MISSION



🐦 From interviewing Obama to finding Google



WEBSITE



<http://fearbuster.com>

Thank you



- 💖 Ann Marie and her team
- 💖 Sukhjit
- 💖 Lumembo
- 💖 Debbie and her team

